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12. A light fitting comprising a lamp receiving fixture having first and second opposite sides, and a reflector means, the reflector means being mounted to said first side of the lamp receiving fixture to produce a beam of light from said light fitting when said lamp receiving fixture contains an illuminated lamp, wherein
5 said light fitting also includes a heat shield mounted to said second side of said lamp receiving fixture and in said beam of light, said heat shield having at least one surface facing said lamp receiving fixture and angled thereto to reflect light from said lamp, and also having a plurality of apertures therein through which
10 some of the light emitted by said lamp can pass.
13. The light fitting as claimed in claim 12 wherein said heat shield has a pair of said angled surfaces facing said lamp receiving fixture, said pair of surfaces having a generally V-shaped configuration.
14. The light fitting as claimed in claim 13 wherein said pair of surfaces intersect to
15 form a ridge line, said reflector means is elongate having a longitudinal axis, and said heat shield is mounted with said ridge line substantially parallel to said longitudinal axis.
15. The light fitting as claimed in claim 14 and having a further pair of said angled surfaces facing said lamp receiving fixture.
- 20 16. The light fitting as claimed in claim 15 wherein the four surfaces of said heat shield have the configuration of a single ridged double hipped roof.
17. The light fitting as claimed in claim 12 wherein said plurality of apertures are arranged in a regular grid pattern.
18. The light fitting as claimed in claim 12 wherein said reflector means is adjustable
25 to alter the shape of said beam.
19. The light fitting as claimed in claim 18 wherein said reflector means has a double parabolic shape.
20. The light fitting as claimed in claim 18 wherein said reflector means is as claimed in any one of the claims of US Patent No. 6,053,624.
- 30 21. A method of shielding a beam generated from a light fitting comprising a lamp receiving fixture having first and second opposite sides and a reflector means, the

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- reflector means being mounted to said first side of the lamp receiving fixture to produce said beam from said light fitting when said lamp receiving fixture contains an illuminated lamp, said method comprising the step of:-
- 5 mounting a heat shield to said second side of said lamp receiving fixture and in said beam of light, said heat shield having at least one surface facing said lamp receiving fixture and angled thereto to reflect light from said lamp, and also having a plurality of apertures therein through which some of the light emitted by said lamp can pass.
22. The method as claimed in claim 21 wherein said reflector means is elongate and
- 10 has a longitudinal axis, said heat shield comprises a pair of said angled surfaces facing said lamp receiving fixture and which intersect to form a ridge line, said method comprising the further step of mounting said heat shield with said ridge line substantially parallel to said axis.
23. The method as claimed in claim 22 wherein said reflector means is adjustable to
- 15 alter the shape of said beam, said method comprising the step of adjusting the shape of said reflector so that light from said beam reflected from said heat shield is not reflected from said reflector means.